

INSPIRED

To Make Healthy Choices

We are continually inundated with new information and research. Here are some of the latest facts and interesting findings to assist you in making healthier choices.

- Looking down at your smartphone, with your chin to chest, can put about 60 pounds of force on your neck. By raising the phone to your eye level, you may be preventing future neck issues.
- Random acts of kindness can lift your spirits. Studies have found a correlation between reflecting on the things you're grateful for and a more positive emotional state.
- The color of the tag on your store-bought bread tells the grocers what day of the week the bread was shipped. Bread is usually delivered fresh to stores each day except Wednesday and Sunday. Just as the days of the week proceed in order from Monday to Saturday, their corresponding tag colors proceed in alphabetical order – blue, green, red, white and yellow.
- The arrow next to the gas symbol on your dashboard is a reminder of which side your gas cap is on.
- Motorists who talk on cell phones are more impaired than drunk drivers with blood-alcohol levels exceeding .08.
- People who laugh a lot are much healthier than those who don't. Laughter lowers levels of stress hormones, and strengthens the immune system. Six-year-olds have it best - they laugh an average of 300 times a day. Adults only laugh 15 to 100 times a day.
- It takes an interaction of 72 different muscles to produce human speech. It takes 17 muscles in the face for us to smile and 43 muscles to frown.

- Having a network of friends creates a strong social support system which leads to a healthier life.
- The FDA suggests an effective sunscreen is rated as SPF 30 or higher and has both UVA and UVB protection (protection against ultraviolet waves of types A and B). In most instances, sunscreen needs to be applied every two hours and each time after a person has gone swimming.
- Listing a family member or friend in your cell phone contacts as "ICE" – short for "In Case of Emergency" – could help medical personnel contact someone who can give them information if you're unconscious or unable to communicate during a medical emergency.
- About 90% of the body's nutrients are absorbed into the bloodstream in the small intestine. In a healthy adult, the small intestine can range between 18 and 23 feet long, about four times longer than the person is tall.
- High-traffic areas are more polluted; avoid them when on foot or bicycling.
- Omega-3 fatty acids are comparable in fresh and canned fish, such as salmon and sardines.
- A foam roller or a tennis ball can loosen up stiff muscles, reduce soreness, improve range of motion and relax tight spots in your fascia, the thin sheath of connective tissue over muscles. Sit or lie on the floor with the roller or ball directly under the tight muscle, then slowly roll back and forth for 20-60 seconds, using your body weight to press down as much as feels comfortable.

Small changes like bringing the phone to your eye level and reapplying sunscreen every two hours are just a few choices that will go a long way to being healthier.

For more information:
DID YOU KNOW?
www.guideinc.org

Talk to your doctor about food and drug interactions. Scientists identified more than 85 common drugs that interact with grapefruit.

70% of surveyed consumers could not correctly identify that calories in general are what causes weight gain.

1 out of every \$4 paid for healthcare in the U.S. is tied to unhealthy lifestyle choices or conditions like smoking, stress or obesity.

In terms of your health - not how you look or smell - you only really have to shower once or twice a week.

